



THERAPY PROTOCOL ACHILLES TENDON REPAIR

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Below are only guidelines. Final determinations will be based on your personal needs and lifestyle.

PHASE 1 GOALS:	PT to begin post-op week 2 Pain management, protection <ul style="list-style-type: none">• PWB with crutches in CAM walker (pt may be in post mold NWB with crutches post op week 1-2)• PROM and AROM all motions * limit PROM with DF to 0 degrees until week 6	<ul style="list-style-type: none">• Strengthening / isometric inversion and eversion, toe curls/flares• Manual techniques/mobilization• Modalities / scar massage as wound allows
PHASE 2 GOALS:	Week 3 ROM, quad atrophy minimization, scar mobility <ul style="list-style-type: none">• PWB with CAM walker• PROM, AROM, RROM• Strengthening / isometric plantarflexion and dorsiflexion, light theraband all motions, seated heel raise without resistance, stationary bike and SLR x 4	<ul style="list-style-type: none">• Neuromuscular re-education, seated balance board• Manual techniques• Modalities
PHASE 3 GOALS:	Weeks 4-6 Dorsiflexion to 0 degrees <ul style="list-style-type: none">• Progression to FWB with CAM as tolerated*may be out of CAM in therapy to perform the following• PROM, AROM, RROM• Stretching / standing calf stretch at 6wks	<ul style="list-style-type: none">• Strengthening / progress theraband, total gym squats, total gym heel raise at 5-6wks• Neuromuscular re-education / SLS, balance board bilateral LE• Manual technique• Modalities
PHASE 4 GOALS:	Weeks 6-12 Strength progression <ul style="list-style-type: none">• PROM, AROM, RROM• Stretching• Strengthening and conditioning / begin gradually, step up/down progression, FWB bilateral heel raise, shuttle heel raise, stationary bike, treadmill, FWB stairmaster	<ul style="list-style-type: none">• Neuromuscular re-education / balance board bilateral and unilateral LE• Manual techniques as needed• Modalities as needed
PHASE 5 GOALS:	Weeks 12 – 16 if indicated for patient Strength progression <ul style="list-style-type: none">• Strengthening / conditioning, single leg heel raises, treadmill walk with progression to jog, figure eights and cutting after patient can run 20 mins outdoors	